Suicide Warning Signs

The American Foundation for Suicide Prevention has identified the following as possible warning signs that a person is at risk for suicide:

Listen to What a Person Says:

If a person talks about:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

What are Their Actions?

The following are some behaviors that may indicate risk, especially if related to a painful event, loss or change:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for methods
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Displaying aggression
- Displaying fatigue

What is Their Mood?

A person at risk for suicide may display one or more of the following moods:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement

MentalHealth.gov provides a list of possible risk factors for suicide. The **Suicide Prevention Resource Center** has identified three risk factors that should prompt IMMEDIATE action such as calling the National Suicide Prevention Hotline (1-800-273 TALK) or going to the nearest emergency department:

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason to live

STOP SUICIDE

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org